



# MENU WEEK ONE

- NO ADDED SUGAR
- LOVINGLY COOKED BY OUR PROFESSIONAL CHEFS
- DELICIOUSLY YUMMY AND NUTRITIONALLY BALANCED

ACCREDITED AND FULLY BALANCED BY A CHILDREN'S NUTRITIONIST



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wheat bisks with milk & sliced banana (2, 7)	Rice pops with milk & mango slices or Wholemeal toast with mango slices (2, 7)	Overnight oats or ready brek both made with apple puree, cinnamon, raisins & milk. Toast with pears (2, 7, 14)	Crumpet with cream cheese & strawberries or Bran flakes with strawberries (2, 7)	Shredded wheat with strawberries, blackberries & milk (2, 7)
AM SNACK	Rice cakes with humous dip & pepper sticks (2)	Cucumber with cream cheese dip (7)	White pitta bread, mozzarella & tomato (2, 7, 12)	Sliced banana & milk (7)	Crackers with sliced cheese & tomatoes (2, 7)
LUNCH	<b>Main</b> - Turkey or (V) butterbean stir-fry with white egg noodles or rice, carrots & sweetcorn <b>Pudding</b> - Fruity oat bake with yoghurt (dates, blueberries) (2, 4, 7)	<b>Main</b> - Chicken or (V) Red lentil & vegetable curry (pepper, onion, tomatoes, broccoli) with white rice <b>Side</b> - Naan & cucumber sticks (7)	<b>Main</b> - (V) Broccoli & butterbean wholemeal tagliatelle with a cream cheese sauce <b>Pudding</b> - Strawberry, raspberry yoghurt pudding (2, 7, 13)	<b>Starter</b> - Greek salad (lettuce, cucumber, tomatoes, feta cheese) <b>Main</b> - (V) Green lentil moussaka (onion, tomatoes, cheese) with garlic bread (2, 7)	<b>Main</b> - Beef or (V) Kidney bean ragu with new potatoes & courgettes <b>Pudding</b> - Sugarless Date muffins (7, 13, 14)
PM SNACK	Cucumber sticks with tzatziki dip (7)	Oatcakes with sliced melon	Orange wedges with crackers	Bread sticks with homemade salsa (2, 7)	Rice cake and pear
TEA	<b>Main</b> - (V) Vegetable (peppers & onions) and chickpea fajita, & natural yoghurt <b>Side</b> - Broccoli fingers, Melon slices (7)	<b>Main</b> - Homemade vegetable pizza (brown pitta, cheese, sweetcorn & peppers) & tuna or (V) hummus <b>Pudding</b> - Banana (2, 5, 7, 12)	<b>Starter</b> - Cucumber sticks with hummus <b>Main</b> - (V) Wholemeal roll with egg & cress or tuna with carrot & cucumber sticks (2, 4, 12)	<b>Main</b> - Turkey or (V) Tofu, pepper & tomato bake with new potatoes <b>Pudding</b> - Seasonal fruit salad (pineapple) (13)	<b>Main</b> - (V) Black bean & vegetable white enchiladas (peppers, onion, baby sweetcorn) <b>Pudding</b> - Yoghurt and peaches (2)

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- Allergens**
- |                              |             |                  |                                   |
|------------------------------|-------------|------------------|-----------------------------------|
| 1. Celery                    | 5. Fish     | 9. Mustard       | 13. Soybeans                      |
| 2. Cereals containing gluten | 6. Lupin    | 10. Tree Nuts    | 14. Sulphur Dioxide and sulphites |
| 3. Crustaceans               | 7. Milk     | 11. Peanuts      |                                   |
| 4. Eggs                      | 8. Molluscs | 12. Sesame Seeds |                                   |

- Starchy Carbohydrates
- Fruits and Vegetables
- Proteins
- Dairy and Alternatives

- Water is freely available throughout the day and is offered with all meals and snacks
- Drinks are offered in open top cups to support children to sip
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- Children are offered appropriate alternatives, based on their special dietary requirements, as agreed in their care plans



# MENU WEEK TWO

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Shredded wheat with strawberries & milk (2, 7)	Berry overnight oats made with raspberries, blueberries (blended) milk & natural yoghurt (2, 7)	Cheesy courgette & sweetcorn pancakes (made with egg) Wholemeal toast with cream cheese, mango slices (2, 4, 7)	Wheat biscuits with milk & sliced banana (2, 7)	Crumpets with melon & milk
AM SNACK	Sliced melon fingers	Cream cheese with pepper & sliced apple (7)	Mini avocado & tomato salsa wholemeal pitta (2)	Chapatti with lentil pâté (7)	Scotch pancakes with banana & strawberries (2)
LUNCH	<b>Main</b> - Salmon, white fish & leek gratin or (V) Mixed lentil cakes served with new potatoes and peas <b>Side</b> - Salad (lettuce, cucumber, radish & spring onion) (2, 4, 5)	<b>Main</b> - (V) Chickpea & spinach stew (chopped tomatoes, sweetcorn, feta) with white roll <b>Pudding</b> - Berry compote and yoghurt (2, 7)	<b>Main</b> - Turkey or (V) Kidney Bean & vegetable pilaf (white rice, tomato, mushroom, pepper) <b>Side</b> - Tikka paneer (7)	<b>Main</b> - Steamed Cod or (V) Tofu in tomato & pepper sauce with couscous & peas <b>Pudding</b> - Apple & raspberry sorbet (using tinned fruit in natural juice) (2, 5, 13)	<b>Starter</b> - Lentil dip with tortilla chips <b>Main</b> - Sweet & sour chicken or (V) Quorn™ chicken with wholemeal rice (pineapple, carrot, pepper, tomato) (13)
PM SNACK	Breadsticks with cannellini bean & guacamole hummus dip & tomato (2)	Wholemeal crackers with tuna or chickpea pâté & cucumber sticks (2, 5)	Yoghurt with chopped banana & peaches (7)	Rice cakes, mozzarella slices & orange segments (7)	Hard-boiled egg fingers with grated courgette & carrot (4)
TEA	<b>Main</b> - Beef or (V) kidney bean chilli with jacket potato & crème fraiche (aubergine, courgette, pepper, sweetcorn) <b>Pudding</b> - Pineapple & Greek yoghurt (7)	<b>Main</b> - (V) Mexican bean (black & pinto) & cheese wholemeal wrap, with pepper, onion & mushroom <b>Side</b> - Cucumber or sugar snap peas (2, 7)	<b>Main</b> - Tuna or (V) tofu and white pasta salad (cream cheese, cucumber, tomato, sweetcorn) <b>Pudding</b> - Pear & berry (frozen berries) compote (2, 5, 7, 13)	<b>Starter</b> - Cucumber sticks with butterbean hummus <b>Main</b> - (V) Wholemeal pitta bread with coronation chickpeas (crème fraiche, mango) & slaw (2, 7, 14)	<b>Main</b> - (V) Falafel with tzatziki & white pitta fingers & cucumber <b>Pudding</b> - Fruity kebabs* (cooking activity) <i>*check board at entrance to see which seasonal fruit we used!</i> (2, 7)

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| 3. Crustaceans               | 7. Milk     | 11. Peanuts      |                                   |
| 4. Eggs                      | 8. Molluscs | 12. Sesame Seeds |                                   |

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- Fruits and Vegetables
- Proteins
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# MENU

## WEEK THREE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetabix•, Corn Flakes•* (made with milk•, pears•) <small>(2, 7, 14)</small>	Crumpets• & strawberries• <small>(2, 4)</small>	Toasted fruit• bread• with Apples• & milk• <small>(2, 7, 14)</small>	Strawberry• & banana• overnight oats• with natural yoghurt• <small>(2, 7)</small>	Wheat biscuits• with milk• & banana• <small>(2, 7, 14)</small>
AM SNACK	Oatcakes• with cream cheese• & Melon• <small>(2, 7)</small>	Crackers• with spread & apple slices• <small>(2, 7)</small>	Rice cakes• peach•, & banana•	Breadsticks• with cannellini bean dip• & sliced cucumber• <small>(2)</small>	Orange slices•, cheese slices• and breadsticks• <small>(2, 7)</small>
LUNCH	<b>Main - (V) Lentil•, coconut yoghurt• &amp; butternut squash• curry (chopped tomatoes• &amp; spinach•) with couscous•</b> <b> pudding - Banana• custard•</b> <small>(2, 7)</small>	<b>Main - (V) Egg• fried rice• with pepper• &amp; broccoli•</b> <b>Side - Green beans•</b> <small>(2, 4)</small>	<b>Main - White fish• or (V) Tofu• &amp; pea• risotto• with red peppers•</b> <b>pudding - Melon medley•</b> <small>(5, 7, 13)</small>	<b>Main - Jerk chicken• or (V) tofu• with wholemeal rice• &amp; runner beans•</b> <b>pudding - Homemade strawberry• frozen yoghurt•</b> <small>(7, 13)</small>	<b>Main - Beef• or (V) kidney bean• stir fry (kale• &amp; baby sweetcorn•) with white noodles•</b> <b>pudding - Fruit platter•* with yoghurt•</b> <small>*check board at entrance to see which seasonal fruit we offered (2, 4, 7)</small>
PM SNACK	Crumpets• with spread & pepper slices• <small>(2, 7)</small>	Hummus• on white pitta bread• & cucumber• <small>(1, 2, 5, 12)</small>	Wholemeal toast fingers• with tzatziki• sauce• <small>(2)</small>	Homemade tortilla chips• with tomato salsa• <small>(2)</small>	Cheese slices• & pepper slices• <small>(4, 7)</small>
TEA	<b>Main - (V) Wholemeal muffin pizza• with tofu• &amp; grilled mushrooms•</b> <b>Side - Quartered cherry tomatoes•</b> <small>(2, 4)</small>	<b>Main - Chicken• or (V) butter beans•, grated cheese•, white tortilla wraps•, cucumber• &amp; pepper sticks•</b> <b>pudding - Satsuma• &amp; Greek yoghurt•</b> <small>(2, 7)</small>	<b>Main - (V) Jacket potato• with baked beans•, grated cheese• &amp; spinach•</b> <b>pudding - Strawberries• &amp; plain yoghurt•</b> <small>(7)</small>	<b>Main - Tuna• &amp; sweetcorn• or (V) egg• &amp; cress• sandwiches• (white bread•)</b> <b>Side - Salad• (lettuce•, cucumber•, roasted pepper•)</b> <small>(2, 7, 5)</small>	<b>Main - (V) Moroccan couscous• with chickpeas• &amp; roasted vegetables• (carrot•, onion•, aubergine•)</b> <b>pudding - Mixed berry• sorbet•</b> <small>(2)</small>

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